



URTICARIA, ANGIOEDEMA

## AQUAGENIC URTICARIA: A CASE REPORT AND REVIEW OF THE LITERATURE

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**Background:** Aquagenic Urticaria (AU) is a rare type of physical urticaria elicited by water exposure -regardless of temperature. With less than 100 reported cases worldwide, pathogenesis remains obscure. Symptoms appear minutes after water contact and resolve within 1 hour. The diagnosis is based on clinical history and provocation tests to exclude other forms of chronic inducible urticarias. First-line therapy involves symptomatic control with second generation antihistamines and emollients.

**Observation:** A 53-year old Mexican female patient presented a 40-year history of generalised itching and thickened skin on her legs. Upon examination, lesions were compatible with lichen simplex chronicus. Dermographism was negative. Further interrogation revealed the presence of intense pruritus and wheals formation during bathing and dish-washing, which self-limited after water contact. She denied symptoms during physical activity, cold or hot exposure, emotional stress, as well as its occurrence in any family members. Laboratory results were found within normal parameters. Water-provocation tests were performed according to the German Society of Dermatology and the EAACI/GA(2) LEN/EDF/WAO guidelines. Wet compresses were applied for 20 minutes, yielding a negative result. Next, in-office water immersion of the right arm was performed. After only 5 minutes, multiple wheals, intense erythema and pruritus developed over the exposed area. Other types of physical urticarias (hot, cold and cholinergic) were excluded. Thus, we confirmed the diagnosis of the first sporadic case of AU in Mexico. Symptomatic treatment was initiated with a second-generation antihistamine, emollient cream and topical steroid. At the 2-month follow-up visit, the patient referred improved water tolerance.

**Key message:** AU is an extremely rare form of physical urticaria. Diagnosis is based on provocation and exclusion tests. Treatment is mainly supportive. This case contributes to the scant reports of worldwide AU incidence and aims to illuminate current knowledge about this exceptional reaction for further research.

